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# Pick it, Pack it Tax it,



By **SAEED VILLANUEVA**  
Staff Writer

Pot farmers are divided over the possible legalization of marijuana in California.

On Nov. 8 people can vote for Proposition 64 which would legalize marijuana use in California allowing the state to give licenses to those who grow and sell cannabis.

Prop. 64 would allow those who are at least 21 years old to possess, transfer, and sell up to an ounce of marijuana for recreational use and would allow Californians to grow up to six plants.

However, the measure would enforce a 15 percent tax on the retail sales of the product which has led to indifferent feelings about the initiative from farmers in Northern California's pot growing region.

Some farmers fear that the new law will bring costly regulations and bring in an influx of big corporations that would put smaller farms out of business.

"It will end traditional farming like this, it will end our way of life," said Gaberville farmer, Laura Costa according to The Cannabist.

Others feel the end of criminalization is good for California because of the amount of people who smoke.

"It's time to end criminalization, there is a lot of fear among farmers, small farmers in general" said Mendocino County grower Tim Blake to The Cannabist.

"The legalization of marijuana will definitely help



the economy enormously. Some kind of laws should be implemented to help out the small business owners," said student, Vishaal Raju.

It is estimated that the annual tax revenue for the law will generate over \$1 billion, and will save the state and local governments \$100 million annually due to the de-

**"I don't think it should affect campus at all. We have bars in school campuses, so why not a weed bar? Designated smoking zones should be a good idea as long as marijuana is not abused,"**

Student Vishaal Raju

## Prop. 64



Photos courtesy of Jose Virgin

creased number of incarceration charges, according to legalize2016.com.

Even if Prop. 64 is passed, local governments would still be able to add their own restrictions or bans.

Because of this, cities in California are already creating local rules that would govern the control of marijuana in their city.

Berkeley and San Jose have already begun to create rules and regulations that will put restrictions on the new law.

San Bernardino county already stated that marijuana will remain illegal to harvest and sell in unincorporated areas of the county even if state voters approve it.

According to The Sun, San Bernardino County will allow 12 plants per patient to those who have medical marijuana cards and primary caregivers who have no more than five patients and the plants must stay indoors.

In Jan. 2014 Colorado became the first State to legalize weed, and the economy has done well from it.

According to The Boston Globe, legalization has created thousands of new jobs and brought in \$135 million dollars in state coffers in 2015.

In Colo. each plant sold is tagged with a radio frequency identification chip to help the state track it.

If Prop. 64 gets approved California would become the fifth state to legalize marijuana for recreational use.

## Professors talk Islamophobia

By **JOSHUA ADAMSON**  
Staff Writer

Suspicion towards Islam and anti-Muslim hate crimes are increasing across the US.

Such actions were recently seen in the arrest of three men who allegedly planned to use a weapon of mass destruction to target Somali immigrants in western Kansas.

"Social surveys indicate we are experiencing the highest level of anti-Muslim prejudice in recent history, with Muslims representing the most disdained religious faith in the United States," stated Brian Levin, director of the CSUSB Center for the Study of Hate and Extremism.

Hate crimes against Muslims rose by 89 percent in 2015, according to an article by Levin in The Huffington Post.

Levin anticipates that around 280 anti-Muslim crimes will occur in 2016.

This hate crime increase coincides with several recent developments.

"These include elevated levels of prejudice and fear directed against Muslims domestically, highly publicized terror attacks and bigoted pronouncements by violent Salafist Jihadist extremists directed at Americans and Europeans, and the coalescence of populist sociopolitical movements in the West that lean toward Euro-Nationalist identity and away from greater international engagement in such things as existing trade agreements to immigration," added Levin.

More than fifteen anti-Muslim crimes occurred in the two weeks after the December 2015 San Bernardino terrorist attacks, according to Levin.

The attacks were followed by a proposal from Donald Trump to institute



Joshua Adamson | Chronicle Photo

Doctor Muhtaseb (right) expresses her thoughts on the issue of Islamophobia which is spreading across the country.

a ban on Muslims entering the United States.

Other professors were critical of the media's role in spreading Islamophobia.

"Old media tropes about Islam and Muslims are being recycled in our main-

stream media, creating only one or two media images of Muslims and Islam," stated Communication Studies Professor and Interim Director of the Center

Continued on Pg.4

Opinions

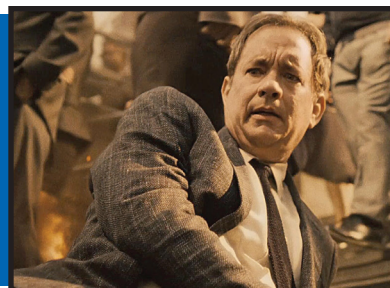


## Not an adult

While one is legally an adult at 18, some believe the age should be raised.

pg. 5

A&E



## Coyote approved

"Inferno" impresses viewers by staying true to the book.

pg. 12



# Amazon looks to make shopping easy

By **ERIKA AGUILAR**  
Staff Writer

Amazon will be experimenting with a new pilot program while continuing to expand its business in the U.S. by planning to open 20,000 grocery stores within the next decade.

The pilot program consists of opening 20 grocery stores at locations including, Seattle, New York, Las Vegas, Miami and the Bay Area, according to Business Insider.

Amazon will also be testing out two different concepts during its program.

Ten of the grocery stores will be “click and collect” which will allow customers to shop online and schedule a time to pick up their items at the store, according to Fortune news.

“I think the ‘click and collect’ concept is pretty good for someone who has a disability and can’t do regular shopping because the company makes it easier for them to get their items,” said student Kayla Hernandez.

The second concept will be similar to standard shopping but instead it will involve new technology, such as using license-plate scanning or in-store kiosks to make the drive-through and pick-up quicker.

“The new technology would make a great impact on shoppers since it will give them more time to have a family outing rather than shopping at a grocery store for an hour or so and still having to wait in a



Photo courtesy of Amish Patel

long line afterwards,” said student Ariana Prieto.

“This concept is very interesting, but I feel like it would be the same as what they already have going online; The only advantage to that would be if people want their groceries at an exact time,” said student Karina Calderon.

In order to place an online order, customers must schedule a 15 minute to two hour pick-up time.

Once the customers are ready to pick up their items, they can choose one of the eight parking stalls where the purchased items will be delivered to their cars.

Three to five store employees will be in charge of delivering orders and the ex-

pected wait time will be approximately five minutes.

If the pilot program becomes a success, the company will continue to open more stores.

Amazon is also concerned whether or not to make the stores accessible to the public or only to the members of Prime Fresh, who pay a \$15 monthly fee to receive grocery deliveries.

If the stores are open to the public, the membership requirement could be excluded and thus will help attract more customers, according to Business Insider.

On the contrary, if the stores become open to Prime Fresh members only, then the membership fees will be used to help

balance the high costs of grocery stores, according to the Business Insider.

“If the company doesn’t care about making money then it should be open for the public because it would probably draw for people to buy more stuff than say those who only have the Prime membership,” said Hernandez.

“Having a drive through sounds wonderful, as long as they run smoothly and schedule each customer pick up accordingly, the same would go for the walk through,” said Prieto.

The 20 test locations for the pilot program are expected to open by 2018 to see how the two store concepts can impact Amazon’s company.

## Coyote Chronicle

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# Fight Blight cleans up Seccombe Lake Park



Chronicle Photos | Alexander Douglas

Community members from all over San Bernardino came together and volunteered to clean up Seccombe Lake Park. Volunteers cleaned the lake by removing trash, as well as repainted the bridges (above) and parking lots (below).

By **ALEXANDER DOUGLAS**

Asst. News Editor

The Fight Blight clean up crew, collected garbage of syringes, trash, peeling paint, and litter at Seccombe Lake Park on Oct. 29.

A day designated for cleaning up due to vandalism in the grass areas, the parking lot, and even the pond.

Volunteers started cleaning at 7:30 a.m. and were provided with equipment including gloves, shovels, trash bags, food, water and other necessary equipment to beautify the park.

The City San Bernardino's head of Communications, Monica Lagos, started the project and gathered volunteers from campus, KB Homes, Norton Space and Aeronautics Academy students, Shandin Middle School, and San Bernardino High School among other groups.

The group repainted one of the bridges over the pond and curb in one of the parking lots.

"It's kind of a hobby and I do it because it makes our neighborhood look good," said Domenick Rodriguez a Norton Space and Aeronautics Academy student.

Sprinklers and electrical wires in the bathrooms were all stolen due to the copper.

"It's not us that's vandalizing the park, it's the junkies that come in here," a park resident explained.

Other future projects are in place including adding wood chips and adding some more plants according to the city's Director of Parks, Jim Tickemyer.

This was not the only community project that has taken place and the last project was the Fight Blight Cleanup Day, (in which) cleaned up Perris Hill Park, Highland Avenue, and the Waterman Avenue.

To learn about other community clean-up projects please visit [www.sbc-city.org/keepSBclean.org](http://www.sbc-city.org/keepSBclean.org) or e-mail Fight-Blight@SBCity.org.







Photo courtesy of Auto Club Speedway/Leukemia & Lymphoma Society

# Pomona Speedway hosts Light the Night

By ISRAEL RAMIREZ  
Staff Writer

“Light the Night Walk” took over Fontana’s Auto Club Speedway to fundraise for the Leukemia & Lymphoma Society (LLS).

The LLS was founded in 1949 and now is the largest voluntary health agency dedicated to blood cancer which seeks to bring awareness through this campaign/event.

The event previously took place at Cal Baptist University, changing locations to the speedway for the first time after the LLS and Auto Club speedway reached a partnership.

Relocating from the university to the speedway, with around an estimated 5,000 people attending to support the fundraiser.

“This was the biggest Inland Empire walk, the new location took this event to the next level, it was huge!” said 99.1 KG-GI’s music director, Evelyn Erives.

“A lot of people came together, it was amazing (the walk) we had fireworks and trick or treat for the kids as well,” added

Erives.

The walk’s initial goal to raise as much money as possible to contribute towards the LLS.

However, the event managed to raise \$395,747, accomplishing 72 percent of their initial goal of \$550,000.

The proceeds raised will all go to the LLS to help pay for the research.

“We are out here to gather as much money as we can so we could donate to the LLS to help cover and extend the costly research,” said volunteer Alex Betancur.

There were many volunteers at the speedway, working vendor booths, which included a variety of activities including food trucks, face painting, wine tasting in which all would contribute the earnings towards the campaign.

One of the booths that caught most of the audience’s attention was the illuminated lantern booth which provided lanterns that varied in color, depending on the connection the supporter’s life had with leukemia or lymphoma.

The colors differed between white, red, and gold. White if the individual was a

survivor of the disease, red for support towards its awareness, and gold if they were walking in memory of a loved one lost due to the disease.

When the time came for the two-mile walk, all of the supporters and people taking part of the event walked the track with all of their lanterns illuminating the night sky.

“It was truly amazing to see how many people showed up and made this event possible and successful,” said Getzeman Garcia.

“This is the third time I’ve come out to the event, but none of the other one’s were like this one. You could feel the energy and support as everyone walked, It was great to see the kids smiling and enjoying the entire event while wearing their halloween costumes,” added Garcia.

Resulting in another successful event to add to its 17th annual run in the Inland Empire, and being bigger than ever, once again brought an energetic crowd ready to fully support, and hopefully bring more supporters to next years Light the Night Walk event.

## Continued from Pg.1

for Islamic and Middle Eastern Studies, Ahlam Muhtaseb.

The media frequently associate Islam and Muslims with oppressed women or terrorism, among other images, added Muhtaseb.

Although Muhtaseb was critical of Trump, she argued that Islamophobia is already present in US institutions.

“Trump just brought [Islamophobia] to the surface along with other forms of racism [and] sexism,” added Muhtaseb.

Both professors agreed that there are many ways for students to decrease Islamophobic biases.

“Reach out to Muslim students and communities in an effort to get to know them and dispel the myths about them,” stated Muhtaseb.

Individuals should also avoid media like “24” and “Homeland “that include stereotypes of Muslims and Islam, added Muhtaseb.

Opportunities at the university may also be beneficial.

“Students can read more about different faiths and interact with different adherents, as well as take advantage of some of the excellent classes we have on campus,” stated Levin. “Furthermore, [students] should be aware that there is an industry devoted not to legitimate analysis and critique of religions, but rather to defaming them with prejudice and stereotyping.”

The need to be open-minded about Islam was expressed by students as while.

“I feel that students in general should be more open-minded by listening to people with different religious beliefs and not contradicting their beliefs,” stated student Marlen Covarrubias.

“Not knowing the backgrounds of such people can lead to fear,” added Covarrubias.

Current circumstances in the country may preclude Islamophobia and anti-Muslim hate crimes from decreasing for some time to come.

## CCBriefs:

### Stolen Kit Kat

A Kit Kat bar that had been sitting a students car at Kansas State University, was taken after only leaving his car for a few minutes and discovered a handwritten note.

The note read“Saw Kit Kat in your cup holder. I love Kit Kats so I checked your door and it was unlocked. Did not take anything other than the Kit Kat. I am sorry and hungry,” the thief wrote according to CBS News.

At first being upset about the missing Kit Kat, the victim soon took his note to social media which was shared hundreds of thousands of times, as Kit Kat even responded on promises to replace the stolen treat.

Oct. 29

Nov. 1

### Emoji Murderer

Christian Clark, 21, was jailed on charges as she killed her toddler son, sending a video of the lifeless boy to his father in a text rage, lasting over two hours over suspicions of having sex with another women.

“I’m killing them,” followed by a laughing emoji with tears coming from its eyes, police said according to CBS News.

Charged of homicide of 17-month-old Andre Prince III and the attempted homicide of the 2-year-old sister.

By TRICIA KANG  
Staff Writer

### One Baby Policy

In China, having babies are forbidden, where giving birth to a child is considered a cause of pride and joy.

China’s local government carries out pregnancy examinations every three months, if a pregnancy is found, they would be forced to get an abortion.

China’s one child policy was scrapped, because of the Communist Party and the economic consequences of the falling birth rate.

Oct. 29

Nov. 1

### New Starbucks Cups

With Starbucks’ new unfamiliar bright green cups having a sketch of a variety of characters covering the entirety of the cup.

Some question whether the cups are replacing the Starbucks traditional holiday cups.

These newly designed cups have costumers divided behind the message of promoting peace and unity or encouraging a discussion of a possibility of racism.

### Bleached Water

A Pennsylvania college student was accused of putting bleach in his pregnant girlfriend’s water, in attempt to harm her fetus, is now being accused of murder.

With an attempt to commit first degree murder of an unborn child, as well as reckless endangerment in attempt to not wanting a child.

Approximately two months pregnant, after returning to campus, the girlfriend felt a burning sensation in her throat, vomited and called 911, upon examination, the fetus was unharmed.

Oct. 31

Nov. 3

### Former Marine Found Guilty

A former U.S. Marine, accused of killing the pregnant wife of a fellow Twentynine Palms Marine has been found guilty of first degree murder.

The unanimous verdict read aloud during court proceedings at San Bernardino Justice Center where Christopher Brandon Lee was charged with murder.

He was arrested the next day in Anchorage, Alaska and extradited back to San Bernardino Country to face charges.



# Welcome to adulthood, kids!

By **EMILY ANNE ESPINOSA**  
Staff Writer

**W**hen I turned 18, it was a huge celebration: family and friends came from all over to celebrate my arrival into womanhood, my rite of passage for becoming an adult.

While the celebration meant a lot to me, I woke up the next day feeling the same; I still felt like a clueless teenager, who only cared about fashion and boys.

At 18, you are legally allowed to do several things: you can vote in elections, register for the

adult, which also means you are now responsible for your own actions.

Others may argue that 18 is still too young; one reason for this is because scientifically, the brain is not fully developed at this age.

Adolescence does not end until age 25, when your brain is expected to be fully developed, according to [Urmc.rochester.edu](http://Urmc.rochester.edu).

Young adults are able to register to vote, purchase and own property, enlist in the military, get married, get sued, go to jail, make a will, consent to medical treatment, and enter into binding contracts; all of which are very serious decisions and responsibilities.

It seems impractical to be legally responsible for adult decisions at 18, seven years before your brain is fully developed.

On the other hand, if you raise legal adulthood age and tell teenagers that they are too young to make proper decisions, it gives them an excuse to be childish and immature.

“After turning 18, learning to be independent and doing things on your own is good because as you grow older, it only gets harder and we all need to have that rite of passage in life,” said student, Andrei Parala.

Even if a person’s brain is not fully developed yet, if you treat them as adults, then they will be

more conscious of their actions and consequences.

Another argument is that at 18, one has not lived long enough or had enough experiences. Most people have just graduated from or are still in high school.

“Many people are still fixated at making decisions in the moment and not thinking of the consequences,” said student, Shanelle Versoza.

I still considered myself a kid; I did not know anything about politics, what I wanted to do for a career, how I felt about sex, drugs, and alcohol. I’m now 20 and still don’t know.

I did not have developed opinions about these things until I enrolled in college, started taking classes that mattered to me, and started to have discussions with other students and adults about topics that were considered taboo in high school.

So how can you expect an 18-year-old teenager to be completely responsible for their actions, when just the year before, they were barely able to watch rated R movies by themselves and had their parents sign off on all their actions?

18-year-olds are still adolescents that are still growing intellectually and physically, they can not be held responsible for life-changing decisions that could drastically result in consequences that would continue to impact them for the rest of their lives.

**Why should you be responsible for adult decisions when, scientifically, your brain is not fully developed until you are 25 years old?**

military, and buy a car on your own—all without a parent’s consent.

In the eyes of the law, you are legally an





# What's your number?

## The importance of a person's sexual history

By **KYLE RICHARDSON**  
News Editor

In a sex driven generation, casual sex seems to be the norm for many.

However, when it comes to your significant other, I believe that your past should not impact your future.

"It depends on if he has been with someone I know, then it kind of bothers me, but if not, I do not care, that's the past," said student, Jessye Gentry.

"Hookup culture dominates the American college social scene. Up to 81 percent of all college students have had at least one casual sexual encounter," stated Sascha L. Goluboff in an article titled, "Text to sex: The impact of cell phones on hooking up and sexuality on campus."

That means only two out of every 10 college students have the possibility of not having had sex.

So, when it comes down to it, chances are your future significant other has had multiple sexual partners.

Then it becomes a numbers game. "I don't want a guy with a count of 20 (partners), he doesn't value sex

as much," said student Stephanie Alvarado.

"Max number of 3 (sexual partners for a girl) would be ideal," said student Bryan Celis.

"For me though, it doesn't matter," added Celis.

It seems that men think it is okay for them to have as many partners as they like, though for a female there should be a number limit.

Society believes that this is the status quo or norm; that it is okay for a male to sleep around, but it is not okay for a female to.

Unfortunately, this is a result of female slut shaming.

While the amount of sexual partners does not define a person, it is still important to keep in mind that STDs do exist.

"If a girl has a high body count, that's a no (to committing), I'm protecting myself from a possible STD," said Celis.

"I of course just want to make sure they're free of STDs," added Gentry.

So how do you get by this possibility of STDs when dating someone

with a high number of sexual partners?

"Open communication, we make mistakes, if they are willing to be committed, and admits his mistakes of a possible STD, it doesn't matter," said Noely Santoyo.

While having a conversation regarding this topic with my own significant other, she added her opinion noting that numbers should only matter if you let them matter and affect relationships.

We can only let past issues affect our relationship if we let them.

Your commitment to a relationship should be dependent on love and communication.

If your partner makes every moment with them a memorable moment, then that should be enough to overshadow their past. I disagree, no one should have to overshadow or overcompensate for anything in a relationship the two people involved should accept one another regardless of their pasts.

To quote Janell Hrycyk, "every saint has a past, and every sinner has a future."

# Right to keep and bare arms



Photo Courtesy CNN.com

By **KATHLEEN RAMIREZ**  
Staff Writer

I was scrolling through my Facebook feed and came across a meme of Michelle Obama and Melania Trump side by side, one in a conservative black dress cut off at the shoulders and one in a bra and thong holding a gun.

By now most of you know that the media is having a field day comparing these leading ladies and pinning them against one another.

It can be hard not to let one's own political bias overshadow the more important issues at hand, especially when it comes to the circus that our current election has become.

With that being said, it personally sickens me when people lash out and judge Obama's appearance so harshly when our other candidate, Melania whom is a former model is portrayed as classy.

"Seems silly that people are focusing on the

first ladies' wardrobe or Melania Trump's speeches when there are bigger issues at stake, but it is cruel to compare the two and discriminate against Michelle Obama for her attire and turn a blind eye to the provocative pictures of Melania," said student Christine Avila.

Virginia voter Bobbie Lussier crudely attacks the first lady claiming she shows too much skin, her arms in particular stating, "It's just she just doesn't act and look like first lady," according to the Huffington Post.

Some people let their non-partisan bias overtake them and resort to making such derogatory comments.

In the grand scheme of things, what they are wearing should not matter, their message is what is most important.

The public is so quick to publicly shame the first lady for showing off her shoulders and then completely disregard Melania's former modeling career in which she exposes her body completely.

Is there anything wrong with this?

There is absolutely nothing wrong with Melania being a former model.

I think that is fine. What is upsetting is that there seems to be this double standard no one is addressing. Putting physical appearances aside, let's discuss who is really suited to be the first lady from an intellectual standpoint.

Michelle is a Princeton graduate, a former Chicago city administrator and community outreach worker, according to Biography.com

Melania attended University of Ljubljana in Slovenia and studied design and photography for one year before dropping out and pursuing her modeling career, according to the Huffington Post.

"I think Michelle Obama is an extremely intelligent woman and is by far more qualified to be the first lady," said student Jacob Ramos.



Photo Courtesy Robyn Beck

It baffles me that our country is more concerned about what our leading ladies of America look like or how they dress, rather than what their stance on political issues are.

Why is it seen as more acceptable for Trump to be wearing hardly anything?

The conservative party has berated Michelle from the moment she became the first lady and I cannot help but think that it is strictly based on racist and sexist prejudices.

They turned a blind eye and ignore the nude photos of Trump that are out there and attack Obama every chance they get.

Whether the Michelle wears a dress that reveals her arms or if Melania is a former model is irrelevant.

We should be more interested in their knowledge and commitment to political and humanitarian efforts.

As usual, the hypocrisy does not end with politics.



## 'Tis the season to be *electrified* Riverside house brightens holiday up too new levels of watts



**By SHAMCE AHMAD**  
Staff Writer

Creative Lighting Displays have taken the festivities of Halloween to the next level with their extravagant home light-show set to a myriad of Halloween tunes and themes.

The corner of Deercreek Drive in Riverside, was a busy one this Halloween season thanks to the work of Kevin Judd and his team.

The show incorporates a bevy of LED light strips running along the frames of the front of the house and also designed in the shape of spooky Halloween themed faces.

Two large television screens and large sets of speakers provide the crowd with an idea of what's going on in the show exactly.

The annual show ran from Thursday through Sunday nights for the final two weeks of October, as well as Halloween on Monday.

The whole event is a great time for children and adults alike.

"It's a place for all these kids to come and have a good time," said Henry G, a first-time viewer of the show.

The show was laid out with 6 different songs that had thematic skits and light patterns cued to them, which culminated in a 30-35 minute show.

"My favorite part of the show had to be the Ghostbusters skit, but the kids loved the Sponge Bob skit the most, of course," said Marvin S, who was here with his family.

The owner of the show, Kevin Judd, shared how the show came together back in 2008.

"It originally started off as a plan for Christmas lights," Judd said. "We ended up starting with a small pumpkin lighting display and added faces and full strips of lighting in the following years after the popularity rose."

The show went viral across the Internet about six years ago, with videos of the shows collecting up to 14 million views on YouTube.

Since then the crowds have been massive for the shows. "We get thousands of people a night coming around to see the show on average," said Judd. "The 28th of this month was huge, with around 3,000 folks showing up."

It's clear that the show has a massive following in the community and across the na-

tion. The company has expanded to do shows around the U.S., as well as sell products for shows through their website.

The motivation behind doing the show resonates among the community, as Creative Lighting Displays employs volunteers from the city and has the support of city councilman Paul Davis.

"We work with the Park and Recreations department to get all the proper equipment for set up and road closures," said Judd.

He also mentioned that, "the neighbors have all given written consent and have been great as well about the whole event down here."

Judd has a big part of life involved in this great display.

He noted that, "when you turn on those lights for the first time, and see all the programming and work go into motion, that's when we feel really special."

It's big for him to put together something this big for the community.

Creative Lighting Displays has created a great event for the community to come together and appreciate for years to come.







Zhiying Xu | Chronicle Photos



## American bbq

By **ZHIYING XU**  
Staff Writer

Pinnacle Peak Steakhouse is a cowboy themed restaurant attracting local residents' attention around San Bernardino with its cowboy décor, steak and reasonable prices.

For over 40 years, Pinnacle Peak has been serving steaks to generations of loyal customers.

"We are famous for our cowboy steak and T-bone steak...we also have amazing deserts," said Pinnacle Peak employee, Tina Evans."

These steaks are not only attracting local residents, they are also attracting some students.

"I asked for recommendation and they told me to get the T-bone steak. It tasted very good and the steak was a generous amount," said student Ruheng Zhao.

"I ordered a ribs and chicken combination. I thought it might be some chicken and ribs, but it has half a chicken in this combo. I cannot finish it by myself," said student Wenyu Jiao.

Pinnacle peak has

a funny policy that says "NO TIES WILL BE ALLOWED."

This tradition began when they first opened.

A customer came into the restaurant wearing a suit and tie.

They took offense (wanting to keep the atmosphere casual) and told the customer "Either you take off that tie or we'll cut it off".

The customer did not heed and was appalled when they cut off his tie.

Thus, the tradition began. In upholding this tradition, they have cut off tens of thousands of neckties from unsuspecting customers. People can find them in the rafters of the restaurant.

"This place is easy going but not when people wear ties and dress up. So we make them sing, and cut their ties hang out on the wall. It is very good," said Evans.

They provide dining services such as birthdays, wedding receptions, anniversaries, retirement parties etc.

The banquet room can accommodate 300 people and it can play slide shows

or hold band performance.

"We always have family meetings here. People bring their horses and the kids can ride it. Parents can also enjoy the food and they can see the kitchen through the transparent glass to know how their food is being made," said Evans.

"If we have a meeting, I would think about this restaurant. The atmosphere is good, people can enjoy the meeting," said Zhao.

People who are over 21 can dine at the bar and engage in conversation with the staff or better enjoy the performance they provide at night.

They also do happy hours both at lunch and dinner.

Lunch is from 11:30 a.m. - 3 p.m. Monday thru Sunday, and dinner is 5 to 6:30 p.m. Monday through Friday.

They have two restaurants, one is in Colton and other one is at San Dimas.

Located at 2533 South La Cadena Dr, Colton, CA 92324, the restaurant hours are from 11:30 a.m. to 9 p.m. Monday through Sunday, except Thursday and Friday they close at 10 p.m.

## Korean bbq

By **TOMMY MCCARDLE**  
Staff Writer

For the past decade Myung Ga Tofu & Korean BBQ still stands out as a popular lunch destination in the Inland Empire.

Owner Kim West personally greets customers upon entering the restaurant.

Kim West is the third owner of Myung Ga. She purchased the restaurant in January of this year.

"Our popular dishes include the spicy pork, spicy tofu soup and marinated short ribs," said West.

Myung Ga is open daily between the hours 11 a.m.-10 p.m. Lunch specials are offered Monday - Friday between 11 a.m.-3 p.m.

Lunch specials are priced between \$8-11 while main entrees are priced between \$8-16.

Unlike most Korean BBQ restaurants, the customers do not cook their own food.

"This is the only Korean restaurant that I come repeatedly because the amazing rice cakes," said customer Ber.

Crystal McGee, a first time customer, was pleased with her visit to the restaurant.

"I ordered the Bibim Bob," said McGee. "All of the flavors were balanced, I'd eat here again."

Bibim Bob consists of beef, mushrooms, carrots, spinach, cucumber, and bean sprouts over rice in a bowl.

Located at 1760 S. Tippecanoe Ave, Myung Ga Tofu & Korean BBQ is a popular lunch destination for those working in the area.

### MY PERSONAL EXPERIENCE

During my visit I had ordered the Bulgogi, which is tender prime beef marinated in a special house sauce, and a cinnamon tea.

From the time I placed my order it took 14 minutes for the food to be served, which I thought was swift.

Along with my main dish came with a bowl of rice, and six other side dishes.

The six side dishes included lettuce kimchi, pickled radish, bean sprouts, mashed potato, kimchi cucumber, and another variation of a pickled radish.

The Bulgogi did not disappoint at all. The meat was savory and hearty.

It was cooked with grilled onions, spinach,

carrot shavings, and topped with sesame seeds

The spicy cucumber side dish was a standout for me as well.

The kimchi had a spicy kick at first, but was quickly cooled down by the natural coolness of the cucumber.

The mashed potato had a faint sweetness to it. It also had a slight flavor of coleslaw to it.

I was happy with the decision to order the cinnamon tea with my order as it enhanced the flavor of every bite.

For dessert I ordered Green Tea Ice Cream and Strawberry Mochi.

The Green Tea Ice Cream was a creamy balance of sweetness and tea taste.

It reminded me of a milky sweet green tea from Starbucks in the form of ice cream topped with chocolate syrup. The Strawberry Mochi was a creamy strawberry ice cream wrapped in a gummy-like texture with chocolate sauce.

Both desserts were a great decision as a way to top off a terrific meal. My first go-around eating Korean BBQ was satisfying.

Myung Ga opened my mind and my taste buds to a whole new world, especially for this picky eater.



Tommy McCardle | Chronicle Photos





## Building relationships

By **SEUNGKYUNG BAEK**  
Staff Writer

Building better relationships by understanding personality – a workshop offered to help people reflect a their own personality and communicate with others in relationships.

It was held at the Lower Commons, Panorama Room, on Nov. 2, from noon to 1:30 p.m.

“The event was a workshop where we talked only education but also practice with the information. We talked about people’s personality,” Heather Webster-Henry, outreach coordinator of counseling and psychological service.

The event covered relationships and focused on how important it is to know individual personalities.

“So the students will begin by taking personality inventory. Then, once students know about themselves, they will learn about in deeper understanding of their relationship,” said Webster-Henry.

The characteristics between people is too vast so knowing one’s self is critical to establish a promising relationship.

Relationships are an even playing field and knowing each other deeply, al-

lows for both to grow like vines on a tree.

“I explained about how different personality types can help to interact with others and what are strengthens or challenges when you have the similarities and differences with people who are with your relationship,” continued Webster-Henry.

This workshop focused on the romantic relationships rather than personal relationships.

“In the workshop, I emphasized that communication is very important part of your relationships and especially romantic relationship,” said Webster Henry.

They had personal traits inventory activity to reflect upon themselves.

“We did some activities. It was so fun and excited for students,” said Webster-Henry “They didn’t know each other but there were group based on their personality traits with similarity and difference. Then, they talked about and shared with other group.”

The main purpose of this event was to inform college students on how to keep good relationships.

“College is when students start to date with others and pursue in romantic relationships, so they need to know their own partners’ personality better to work



Seungkung Baek | Chronicle Photo

together and know the way to maintain good relationship,” said Webster-Henry.

Students took the Myers-Briggs Type Indicator tests and answered questions about their psychological preferences to determine their personality types.

“It was so helpful to me. The event basically talked about personality type and broad perspective to understand other people,” said student participant, Greg Singes.

ESFP for Extraversion, Sensate, Feeling, Perceptive – is one of many similar abbreviations indicating variations in personality types based on the traits such as outgoing, friendly, practical, responsible, or decisive.

“This event was interesting and had many surprising topics,” said Monica Amendola, student. She was surprised to find out that different personality types

can significantly influence work communication and long-term personal relationships.

“In my opinion, this event was informative and active learning of personality traits and matching differences,” added student Francisco Rodriguez.

Some students also indicated that the event was helpful in providing ideas about handling or preventing conflicts by understanding others’ personality traits.

“I think that everyone processes information differently and understanding the spectrum of different psychological preferences helps navigate better in tense social settings,” said student David Cabal-don.

The event provided students with personality preferences and types to informed how personality important in relationships.

## A hurrah before the big hooray

By **HAIRUO YI**  
Staff Writer



The Pre-Graduation party offered graduation details and post-graduation advise.

Senior students on campus received plenty of useful information regarding graduation at the pre-graduation party, which was held at 9 a.m. to 4 p.m, Nov. 1.

This event was targeting seniors, but also hosted students from earlier stages of undergraduate careers.

“We set up for all students. We had an advising table to help them, introduce advising for the next couple of quarters or to see their holds or to direct them to who their adviser is,” said Director of Advising and Academic Services Eduardo Mendoza.

Many students express their fears on graduating due to the competitive job market and ambiguity of career choices.

So the purpose of this event was to help senior students cross the stage from

college into their life after school and give students some information about the master programs as well.

“In talking to students, there are a lot of fears amount students to see they are really ready to graduate. I don’t know students know if they are truly ready to finished their college career and move on to other thing,” said Mendoza.

The advisor of this event, Erika Hernandez, thinks this event is a good opportunity for students to know what is coming in the future and to help them with their graduation process.

“We have our adviser double-check all the classes they are missing and checking their holds, filling in the grad check forms, sending them to the Bursar office, because after today, the price will go up to \$45 instead of \$25,” said Hernandez.

At the same time, students could enjoy the free food and music at the party.

“We want to make sure our seniors are excited about graduating, so we have this event for them. We are celebrating them,” said advisor Star Kafovalu.

It is Mendoza’s hope that students feel the support the school is offering.

“It is a good thing we are doing here, in turned of students feeling that they have support here in the university,” said Mendoza.

Students came to this event between their classes to take a break from their everyday routine.

But at the same time, they were able to feel the support from the university.

“I think this event is a wonderful thing to do for the students that are soon to graduate. It gave an opportunity to see what is coming ahead and to see that the school itself care enough to do this for you,” said student Emily Duncan.

There were many information tables



from different departments from our campus to make sure students can get all the information they need.

“I really like this event. They have a lot of tables that have useful information,” said student Hector Navarro.

The event attendants also had a chance to participate in a raffle to win an iPad.

“Right now, we are targeting student who hoping to graduate in 2017. But then in the future we want to focus on students who are becoming seniors, because we want to make sure those juniors understand what senior life is going to be like,” said Mendoza.

Career Center, Advising & Academic Services and other campus departments will be offering similar events to all students in the upcoming quarters.



Hairuo Yi | Chronicle Photos



# Dia de Los Muertos festival

## The Hollywood Forever cemetery celebrates the lives of our ancestors



Veronica Vicente |  
Chronicle Photos

Altars are decorated with sugar skulls, flowers and food as an offering and a way to pay their respects to the dead.

By **VERONICA VICENTE**  
Staff Writer

Hollywood Forever cemetery, hosted their 17th annual “Dia de Los Muertos” festival on Oct. 29.

The festivities started at noon and ran until midnight and ticket prices ranged from \$10 for children and \$20 for adults.

This was a popular event, with thousands of people attending.

The streets were full of vendors selling home cooked foods and sweets, as well as sugar skull masks and accessories.

The crowds were full of people wearing vibrant colors and the traditional sugar skull makeup.

Upon entering the cemetery, the crowds immediately turned their attention to the hundreds of Aztec ritual dancers, who were performing their traditional dance.

Once the show was over, several people made their way to visit the 100 plus handmade alters, created to pay respect for their loved ones.

Each alter was decorated differently, but the one thing that appeared similar were the bright colors and extravagant decorations.

“I enjoy seeing the crowds reaction when they see my alter, their joy and positive feedback makes me proud and I know my ancestors who passed away would appreciate it,” said alter contestant, Mario Dominguez

There were musical performances by Grammy award winning artists.

Four stages were added, that featured traditional performances and music.

Some of the people who took the stage were singer Julieta Venegas, Alejandro and Maria Laura and there was also a tribute for Singer Jenni Rivera.

Lyrics were exchanged in sync, while the crowd sang along with the artists.

Along with the performances, many people made their way to the hundreds of food and alcohol vendors.

The food sold was mainly tacos, and the alcoholic beverages consisted of micheladas, margaritas and beer of different flavors.

“I love that the food sold here is straight from Los Angeles vendors. It feels good to see the whole community coming together today,” said LA native Michael Sanchez.

As well as having an array of Mexican cuisine, vendors sold their hand crafted jewelry and apparel.

I myself purchased a hand made leather band bracelet with a single stone in the middle for \$30.

The event featured an art exhibition inside of the cathedral that highlighted all

of the individuals who passed away.

There was a table set up with fabric taking over the whole table, and black ink.

Guests were encouraged to sign their names, draw a picture or leave a message for their ancestors, friends and family.

A huge line was formed for anybody who wanted to get their face painted with the “Dia De los Muertos” themed makeup.

The makeup artists drew their own designs, and charged \$25 for half of the face and \$40 for the entire face.

There was never a dull moment, as each part of the cemetery offered an interactive experience.

There was a broad variety of activities, sightseeing and performances to be celebrated.

Although this event was hosted at a cemetery, everyone’s spirits appeared to be extremely lively.







## Tim Burton fans gathered at the Hollywood Bowl

By **LAUREN JENNINGS**  
Sports Editor

'Twas the Nightmare Before Christmas and all through the bowl, fans were cheering for Tim Burton's story.

For three nights only spanning from Oct. 28 - 30, the Hollywood Bowl presented The Nightmare Before Christmas (NBC) in concert, live to film.

Voice actors Danny Elfman, Catherine O'Hara, Ken Page and Paul Reubens reprised their singing roles as Jack Skellington/Barrel, Sally/Shock, Oogie Boogie and Lock.

Before the orchestra took the stage, fans were given the opportunity to trick-or-treat, take photos with cutouts and enter a costume contest.

The contest featured 30 fans dressed to the nines with some fans dressed as characters from the movie and others dressed as characters from other Tim Burton films.

Judges picked the top three which featured a female rendition of Jack Skellington, a man dressed as the Pumpkin King from one of the opening NBC scenes and a four-year-old Beetlejuice.

Audience members voted vaudeville style, cheering as loudly as they could for their choice.

The young Beetlejuice won, taking home a prize from Hot Topic.

The real fun began as the stage became foggy and the lighting went from bright to an eerie green and purple.

The members of the orchestra and choir took their seats and tuned their instruments before plunging into the score of the film.

A group of five appeared next on the stage to sing the opening song, "This is Halloween." They were joined by a choir sitting at the back of the stage.

Randy Crenshaw, Angie Jaree, Greg Proops, Fletcher Sheridan and Baraka May Williams made up the five featured singers.

Crenshaw voiced multiple characters in the film including Mr. Hyde and a vampire.

Proops has starred in multiple shows and movies, including playing three roles in NBC. Sheridan is known for being a vocalist on many movie sound tracks.

Jaree, Sheridan and Williams are known for being vocalists on many movie sound tracks.

Elfman, took the stage to a large round of applause. He sang "Jack's Lament" with the orchestra backing him and the film on a screen above him.

He was clad in a pinstripe suit, similar to that of his character's outfit in the film.

Once Elfman had concluded his ballad, he left the stage to prepare for his next scene. The movie's audio picked up from where the orchestra had finished and the event continued.

Elfman returned to the stage a few minutes later as his character discovered Christmas Land in "What's This?"

"Our favorite part is when Jack first discovers Christmas Land," said Tim Burton fanatics, Jami Raye and Drew Dorsey.

Elfman, Reubens and O'Hara took the stage next to sing "Kidnap the Sandy Claws" as the Boogie Boys: Lock, Shock and Barrel.

Reubens opted for a black suit, a bright orange shirt and a colorful, light up spider necklace.

O'Hara chose a simple black number that she paired with a black and gold witch hat.

"I loved that Catherine O'Hara was there," said Raye.

With the conclusion of the song, an intermission was held which allowed the singers a moment to finally catch their breath and the spectators a chance to stretch their legs.

Before the show officially resumed, violinist Sandy Cameron preformed with the aid of the orchestra, a saxophone player and a bass player.

Her costume had notes of Skellington and Sally with lots of stripes and shreds of random fabric pieces.

Shortly after Cameron's performance, Page took the stage to reprise his role as the film's villain, Oogie Boogie.

Page appeared in a white suit with a green shirt, reminiscent of his characters burlap outside and his bug filled insides.

O'Hara came back to sing the heart wrenching "Sally's Song."

She swapped her witch outfit for a dress similar to Elfman's Skellington suit and added some stitches to her neck a la Sally.

At the conclusion of the film, Elfman and O'Hara made one last appearance for a duet.

They slowly made their way across the stage, eventually taking each other's hands and singing to one another.

Raye and Dorsey dressed up as characters from the Tim Burton classic "Beetlejuice."

"We wanted to keep up with the Tim Burton theme without being Jack and Sally," said Raye.



Lauren Jennings | Chronicle Photos

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## ALBUM REVIEW

# Still walking on a dream



Photo courtesy of EMI

**By GLADYS OLIVA**  
Staff Writer

After three long years, Empire of the Sun dropped their new album, “Two Vines” on Oct. 28.

The band is known for having a unique sound that falls under various genres like electronic, dance-rock and pop.

Their songs are upbeat and contain a playful vibe that makes you want to go back to summer.

The Australian duo have two previous albums that were successful, they first debuted their hit single “Walking On A Dream” in 2008, which hit the Top 25 hits in their home country and Billboard’s Top 100 Hits and later in 2013 they released a second album “Ice On The Dune.”

For their new album “Two Vines,” Luke Steele and Nick Littlemore decided

to keep their original sound by having lots of vocal melodies.

They also added plenty of beats with electronic pianos and guitars throughout their songs.

Steele explains, “Each record, you explore how much further you can go. We’re always talking about that unexplainable feeling of waking up on a long beach and the sun’s rising.”

This record might give you the feeling of being sea side, since it was mostly recorded in Honolulu at the Hawaiian Avex Studios.

However, the songs weren’t the only thing that seemed buoyant, the album cover consisted of bright colors, trees, and a huge waterfall.

Littlemore explains the message of the cover, “image of a modern city overtaken by jungle, almost like mother nature taking

back the planet.”

The first single on the album is a dance track called, “High and Low” which keeps the duos unique high tempo and pulsing beats.

It’s a song that would make a road-trip fun with it’s contagious energy and lyrics, “Down where the summer and the late nights last forever/ there’s a house on the hill and we can’t travel now.”

This line triggers listeners to reminisce about the long summer nights which were worry and care free.

The only important thing in mind was having fun.

The second hit track is named, “There’s No Need,” which of course keep the electronic beats but is more on the calm side with the vocals, “I think I said goodbye to my soul tonight I think I lost the touch of us behind.”

It sounds as if the duo is describing a heartbreak by expressing the feeling after someone says goodbye to a loved one, it feels like you said goodbye to your soul as well.

“I’ve listened to their new album and I love how they still have a danceable track but decided to throw in some calm songs in there as well.” said student Jasmine Gonzalez.

She’s also impressed by the fact that Empire Of The Sun has not changed their style of music, instead they have stayed consistent throughout all three albums.

Empire Of The Sun managed to remain true to their sound and make life feel positive through the beat of their songs.

I would definitely, without a doubt give this album five stars, let us know what you rate “Two Vines” at @CSUSBChronicle.

## MOVIE REVIEW

# “Inferno” does not disappoint readers or viewers

**By SPENCER REIFEL**  
Staff Writer

Academy Award winner, Ron Howard, returns to direct the newest book of Dan Brown, “Inferno.”

“Inferno” was released Oct. 28 and has brought in over 150 billion dollars.

Brown, the creator of “The Da Vinci Code” and “Angels and Demons,” has put out novels that are mystery with a bit of history tied into it.

Brown uses historical pieces and different art works as clues to his treasure hunt.

He does not disappoint with “Inferno,” and the director of the movie follows the book’s detail very well, from the opening scenes of the hospital, to the final scenes in the symphony.

Linda Foster stated, “That the last scene with the red water in the symphony was just like the book. While I was watch-

ing it I thought I saw this movie before but then I remember I read this book.”

Robert Langdon (Tom Hanks) the famous symbolist, is thrown through a world affecting chase to save the world from a worldwide plague.

He is thrown into this hunt to follow a trail to this disease that will start this world wide plague, with clues that are connected to Dante himself.

This movie spans from different cities across the world, from Venice to Istanbul.

Robert teams up with Sienna Brooks (Felicity Jones), a doctor he hopes will help him recover his memories on the way.

One of the things that I was not very fond of would be the flow of the movie. It lacked action and rarely was I wowed or left at edge.

It’s very steady but not super exciting like the other ones he’s put out.

“As a movie ‘Inferno’ did an excellent job of paralleling Browns book by the same name. The core plot and story line stayed

intact, with only minor plot details missing from the movie,” stated avid Brown fan, Richard Erving.

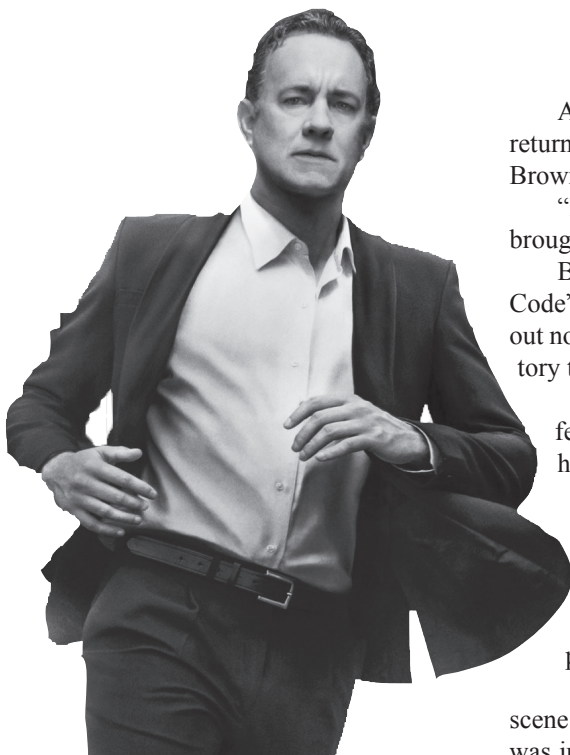
Compared to the book, this movie follows the plot the best out of the three that he has put out, as you know you cannot fit a over 600 page book into a two hour movie, but he did a pretty good job.

The cast of “Inferno” was exactly what I had envisioned when I first read the book.

“The character casting was well done and thoughtful. This movie did seem to lack the usual historical insights that are present in Brown’s novels.” Erving said.

The use of detail in the artwork and the description of the pieces that they describe in the history behind it is very precise, the pieces will definitely leave an impression and may even encourage you to do a bit of your own research.

Overall this movie was a hit. Books are very hard to put into cinema especially this day and age of trilogies that fail, but this one was well produced.





## A Quest with Phife

By **NYLLES VERNON**  
Staff Writer

The legendary hip-hop group A Tribe Called Quest recently announced that they are releasing their sixth and final album, “We Got It From Here, Thank You For Your Service” on Nov. 11.

The group consists of four members: Phife Dawg, Ali Shaheed Muhammad, Q-Tip, and Jarobi.

Hailing from Queens, New York, A Tribe Called Quest’s music incorporates an electric mix of jazz, afro-funk and soul.

The process for the new album was going well until the death of Phife Dawg aka “The Five Foot Assassin.” This incident happened on March 22 from complications of diabetes.

The news of his death had a huge impact throughout the hip-hop and urban community.

“I honestly couldn’t believe it, because we lost so many music legends this year. It’s unfortunate that the world won’t get to experience the full Tribe Called Quest Experience ever again.”

Among being one of the greatest hip-hop acts of all time, they also have five critically acclaimed albums that were released from 1990 to 1998.

One of which, “People’s Instinctive Travels and the Paths of Rhythm” celebrated its 25th anniversary last year.

Q-Tip announced the news explaining

the reasons why the need of a new album was important in the form of a letter.

In the letter he explained that after playing on “The Tonight Show” with Jimmy Fallon last year, the group was inspired and collectively got together to record a new album.

“As we left 30 Rock I felt the need, we all did, to get back to the studio and start that cook up!! So we got to it,” stated Q-Tip.

He also relayed to fans that the album would be original rhymes that Phife recorded before his passing and he had left them with the blueprint of what they had to do.

A few Tribe Called Quest fans expressed how they felt about the group coming together to create a new album.

“I’m all for it. Better than knowing that there’s unreleased Tribe songs that will never see the light,” said Inland Empire’s hip-hop producer and student Casual.

Vicky Lam, a lover of old school hip-hop and R&B said, “So happy. I wasn’t expecting it and I’m glad that they were down for a final round after all these years, especially after the loss of Phife.”

The group has not released any music with each other in quite some time, it had been speculated that they unofficially split up over personal issues.

Contractually, their former record label Jive Records stipulated that A Tribe Called Quest owed them another album,



Nylles Vernon | Chronicle Photos

but it was never recorded.

It had been rumored that the group had been recording a secret album within the last few months, which has finally been proven to be true.

In an interview with The New York Times, Q-Tip recently confirmed that Kendrick Lamar, Jack White, Andre 3000, Consequence and Busta Rhymes will be

featured on the upcoming release.

Along with the album releasing on Friday, the group also plans to perform on “Saturday Night Live” with special guest host Dave Chappelle.

Tribe has been widely adored by fans for almost three decades, and has had a impact on pop culture with countless movements, tours and merchandise.

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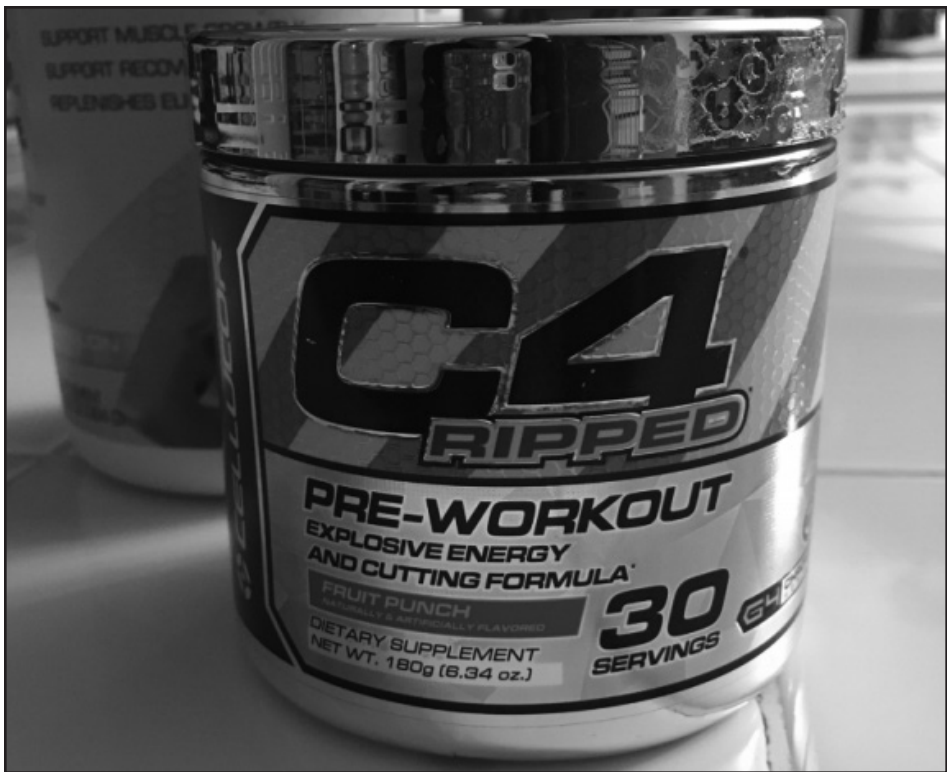
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# Supplements to boost your workout



Jasmine Perez | Chronicle Photos

“I am taking pre-workout right now and I feel determined, I feel motivated and ready to go.”  
-Zach Holbert



Rec Center employee Ernesto Saucedo takes his BCAA's with water for optimum nutrition between his sets.

By **JASMINE PEREZ**  
Staff Writer

Supplements are a critical component to anyone’s fitness journey and might just be what you need to see desired results. Many people may be unsure as to what supplements to take and why they should take them.

“It is important that when one takes a certain supplement, they know why they are taking it and take it at the right time,” said personal trainer, Jose Perez.

The majority of supplements, if not all, are very high in price. People who buy them don’t want to feel like they are wasting their money.

The three most popular supplements that people take while trying to maintain a fit lifestyle are Whey protein, Branched Chain Amino Acids (BCAAs) and Pre-workout.

“It is very important to me that I drink a protein shake every day that I workout right after my workout,” stated Rec Center (RC) staff member, Kyle Backer.

When you have an intense workout your muscles tear. Taking protein after a workout heals those muscles that have been torn and allows them to redevelop.

Although protein is essential after a workout, a protein shake for breakfast can be an easy alternative to cooking when you are on the go.

“I make sure that I take enough protein because I feel that most people don’t get enough in their daily diet,” said RC personal trainer, Victoria Padua.

“But just make sure you have enough physical activity while taking protein or else it might cause you to gain weight,” added Padua.

Ernesto Saucedo, an RC staff member, takes BCAA’s because it enhances his muscle recovery relative to how intense his workout may be.

“It has about 50 mg of caffeine that helps me stay active throughout the day and it tastes delicious,” stated Saucedo.

BCAA’s can also be added to protein shakes to give your muscles more fuel during workouts.

Pre-workout is a supplement that people take in order to give them energy for their workout. RC regular, Zach Holbert, takes C4 30 minutes before his workouts giving him more endurance and a higher paced workout.

“I am taking pre-workout right now and I feel determined, I feel motivated and ready to go...it gets me mentally and physically prepared” commented Holbert before beginning his workout.

Although pre-workout is often times a critical supplement to one’s workout, one must know how to properly take it or it can cause serious heart problems.

“You have to make sure to take your pre-workout strictly before your workout and have a workout long enough to get it out of your system because you don’t want to go to bed with pre-workout still in your body,” said Perez.

“I had to go to the hospital a couple years ago because I drank too much pre-workout too late at night. I felt that my heart was going to jump right out of my chest,” continued Perez.

Supplements have different pros and cons, but one can definitely make them work if they are determined.

“I believe that people who take supplements have a better persona about them and better physique,” said Holbert.

“People that take supplements, to me, they look more cut, have more bulk and have a better body,” commented Holbert.

Padua was able to gain about 25 pounds of added muscle mass with the help of her supplements.

“It was hard for me to gain muscle and without the supplements I take I would probably still be at a leaner body type,” commented Padua.

With a good diet and physical activity, supplements can actually make a difference in your fitness aspirations.



Personal trainer Jose Perez preparing his amino acids to give his muscles more fuel to work with during his workout.





# Health and Psych center's here for you

By YERA NANAN

Staff Writer

The Student Health Center (HC) and Counseling and Psychological Services are a popular destinations for students looking to improve their health with services such as counseling, workshops, group and individual therapy and doctor visits.

The facility also has a pharmacy that sells over the counter medications and fills prescriptions for an affordable price.

"We don't make a profit...it's way cheaper, a couple of dollars for a bottle of Advil," said Health Educator, Tess Webster-Henry.

The HC has a full and accredited staff of doctors and nurses that help with services such as, sport physicals to X-ray, or lab tests.

"It's just basic care like a cough, cold and flu," said office clerk Lisa A. Graham.

Though the HC cannot help with major injuries or illnesses, they are more than happy to refer you to other hospitals and specialists in the surrounding area.

Students can qualify for Family Pact which provides free condoms, birth control and even reproductive health screenings. These all look to promote safe sex across campus.

Counseling and Psychological Services offer crisis, individual, group and even couples therapy. These sessions advocate the social and emotional well-being of participants.

Meditation sessions take place Monday through Friday from 11:30 a.m. to noon in the Counseling and Psychological Services.

Counseling and health-related issues involving the HC must be made by appointment only or going online or call the front desk at (909) 537-3295.

The HC also provides immunization against diseases such as Hepatitis B, Measles or Rubella and even rare cases of Meningitis at an affordable cost.

One important thing to note before receiving this type of service is you will be required to have immunization documentation.

This information cannot be emailed. It must be hand delivered, mailed or faxed.

The attendance for group sessions have been great this fall quarter as well.

"We only have space for about 40 people and we have maxed out every time...we do an evaluation and almost all of the presenters get perfect scores," continued Webster-Henry.

There are two events coming up this month, an overcoming anxiety workshop on Nov.8 and a relaxation workshop on Nov.16.

Both of these events will be in the Lower Commons, Panorama Room, they seek to relieve stress and improve student life.

"Our big event is Pet Away Worries and Stress and that's going to be on Nov.30 from 10 a.m. to 2 p.m.," added Webster-Henry.

This event will be held in the SMSU and will feature therapy dogs and chair massages.

Finals are slowly but surely creeping up on us as we now find ourselves in November, with this event will surely help to put you at ease before your finals.

## Group Therapy Options

- Monday's feature a women's group to assist with different issues for women. There is also an encouragement session that looks to help people be comfortable with themselves.
- Tuesday's have a meditation group to reduce anxiety. Later on, there's a cultural group session that provides a safe-zone and is aimed toward international students.
- Wednesday's there is a therapy group that helps overcoming and coping with anxiety. There's even recovery therapy ranging from addiction to codependency at the lower commons from 3:30 to 4:30 p.m.
- Thursday's students can attend an "Understanding Self and Others" group session that helps to find one's self-identity and studying others.
- Friday's are packed with group sessions with a Veterans Support Group and a men's group running simultaneously. There is also a therapy option that focuses on adults that were molested as children.



Photos courtesy of Kim Hunsaker



Yera Nanan | Chronicle Photo





## Coyote soccer through the years



Top Left- Daniel Rodriguez (2007) Top Right- Obi Agwu (2009)  
Bottom Left- Diego Casillas (2016) Bottom Right- Brett Faggioni (2011)

## Men's soccer history

By **KIERON COLEMAN**  
Staff Writer

The Coyote soccer program started in 1984, 19 years after the school opened in '65.

From '84 to '90 the men's program competed in Division III, with a record of 84 wins, 41 losses and 7 draws.

Within, college sports there are three divisions that schools can compete in.

Division I schools are considered to be the most competitive. They tend to have the most publicity when it comes to games and are recognized as being well-funded programs, which allows them to own a lot more scholarships.

Division II, which our school is a part of, is the middle bracket of the National Collegiate Athletic Association (NCAA.) It is seen to be less competitive due to less amount of scholarships offered.

This is where many athletes play to have a balance between ambitious participation as well as well driven studies.

Division III schools are the lowest when it comes to the competitive side of sports, where athletes experience the least amount of pressure when it comes to game time.

From '91 on, the 'Yotes have competed in Division II, with a record of 188 wins, 247 losses and 46 draws.

The program has made four NCAA appearances with the first being in '87 (Division III) and the others in (Division II) 1991, 2009 and 2010. The 'Yotes have an all-time NCAA playoff record of 3-3.

Their last contest in the NCAA tournament came against Grand Canyon, where the 'Yotes lost 4-1.

Charif Zein started the program with an overall record of 11-2-0, Zein only

took the head coach role for one season.

The men's program has earned one successful California Collegiate Athletic Association (CCAA) title, which came in '91 under head coach Carlos Juarez.

In 1991, the squad had an overall record of 15-4-2, and in conference play, they finished 8-2.

It was then passed to Juarez, the most successful manager yet, who took control of the 'Yotes for 11 seasons, with an impressive 121 wins, 78 losses, and 15 draws.

Christian Johnson took over after the impressive display from Juarez for four years but with an overall record of 17-39-2.

Noah Kooiman, who was the fourth head coach appointed, took the 'Yotes for eight seasons, where he had some successful years, leaving with an overall record of 65-81-13.

Lance Thompson and Travis Clark were then appointed only for one season each, where both had losing records with a combined record of 10-17-10.

Steve Ralos was then brought in from Cloud City College, who struggled throughout the two years involved with a losing record of 13-14-5.

Finally, previous assistant coach, now interim head coach Darren Leslie is currently with the 'Yotes; an impressive season so far, about to go into the final four of the conference tournament.

Leslie, currently has a record with the team of 10-5-1, with the high chances of making the NCAA tournament.

The future for 'Yote's soccer is looking strong as the team continues to grow.

## Women's soccer history

By **GREGORY GAMMILL**  
Staff Writer

Women's soccer team is filled with memories of good and bad times during the past 28 seasons.

Since the introduction of the team in 1988, they have been increasing their dominance with wins and tournament appearances showcasing their progress throughout the years.

The team's first two seasons in '88 were lead by Ralph Perez.

Perez made one of the best contributions to the Coyotes by leading them to an impressive 16-12-3 overall record.

The Coyotes would move on from Perez and hire Dave Widor in 1990, who led the women's team for the next four seasons.

During Widor's second season in 1991, the team would change from Division III to Division II and join the California Collegiate Athletic Association (CCAA).

During the time Widor was coaching the women's team, he put together a winning record of 41-31-5.

At the start of the 1994 season, Gretchen Zigante took over the Coyotes and made an immediate impact when the team started conference play.

In Zigante's first season with the women's team, she would record a 7-10-2 season. Through the next several seasons she added to the Coyote's win total with a 35-33-6 and in conference play, she added 17-13-2 contributing to the first winning record in school history in the CCAA.

The next head coach Mike Avery, who was only with the team for two seasons

starting in 1998, posed a record of 16-22-2.

Christian Johnson then joined the Coyotes in 2000 and would make history with the team by making the first-ever appearance in the National Collegiate Athletic Association (NCAA) tournament, but his overall record was only 42-32-7 and in the CCAA posted a 26-24-6 and in the NCAA with a 0-1 record.

The next head coach, Noah Kooiman, who came in 2004, would have a difficult time repeating Johnson's success with a record of only 14 wins and 37 losses.

After this low point in women's soccer, the team decided to part ways with Kooiman and hire Diego Bocanegra in 2007.

Bocanegra was only with the school for two seasons and posted an overall record of 18-13-9.

Travis Clarke took over next in 2009 and led the Coyotes to the NCAA tournament multiple times during his reign.

Clarke's record in the NCAA tournament is 1-1-1 while his overall record is 63-40-13 and 46-34-10 in CCAA play.

LeBaron Hollimon is our current head coach and is entering his second season with the Coyotes. His first season was in 2015.

Hollimon's first season was spent as an interim head coach and would post an overall record of 5-10-3.

Throughout the last 28 years, the Coyote women's team went to post an all-time record of 250-230-54 and make two NCAA tournament appearances.



Photos courtesy of CSUSB Athletics

Lauren Jennings| Chronicle Photos

Top Left- Katie Liby (2007) Top Right- Jenna Sanchez (2009)  
Bottom Left- Ashley Salas (2007) Bottom Right- Jessica Koch (2016)